

ZION'S FAITH AT HOME MINISTRIES NEWSLETTER

theParentLinkSM

May 2010



Rely on God During Uncertainties

Family life has its fair share of challenges, and unexpected crises can knock us flat. Sometimes, these things can threaten the unity of our family itself. Illness, a broken marriage, job loss, and financial problems all bring uncertainty and anxiety. Even positive changes such as a new baby or a planned move can disrupt schedules and affect our relationships with each other and with God.

Although you can't control everything that comes your family's way, you can minimize the impact of stress and change. During uncertain times, children have three primary needs:

Consistent Relationships—When life gets tough, your children need reassurance and familiarity. Model the positive qualities of God, who's consistently present, unconditionally accepting, attentive, affirming, and reliable.

Lots of Boundaries and Structure—Keeping the same rules and schedules, as much as possible, helps children feel safe. When new or different situations arise, let kids know ahead of time what to expect. Then provide extra attention during transitions.

A Safe Place—Children need an accepting place where they can talk about what's happening in their lives. Be real and encourage kids to open up about their thoughts and emotions.

This issue of "The Parent Link" offers ideas for surviving and growing through life's challenges. For another helpful resources, please use Zion's Library resources under the Parenting section.

The Last Day of Sunday School is May 23rd!

Godly Play will be rotating through all of the classrooms, Living Word will be enjoying breakfast and small group together, and Senior High will be celebrating the end of another wonderful school year! Adult Education will continue to run until June 13th.

PowerSource

Ask God:

1. To protect your family members and their faith during challenging times.
2. To make his love real to you during life's difficulties.
3. To help you trust him and cast all your cares on him. (See 1 Peter 5: 7)



Bible Bash Breakfast

Bible Bash Take it Home Event
May 16th in the fellowship hall.
Join us for some Bible 101~There will be different types of Bibles to explore, the First graders will be receiving their Bibles, Fifth Graders will be receiving Bibles and the graduating Seniors Bibles will be out for signing it is sure to be an exciting event for all.

Bring Your Bible and a Favorite Bible Verse (or story!)

Elementary Youth

Join the Faith at Home staff
Sunday May 23 at 1:30pm



for a Tacoma Rainiers Game at Cheney Stadium in Tacoma. Cost is \$9.95 per person, includes

hotdog, chips, soda and a first baseline seat! Sign up in the church office.



Thank you to the wonderful Godly Play volunteers. These volunteers spend countless hours preparing, teaching and serving Jesus Christ!

Please prayerfully consider joining the Godly Play team this fall, we would love to have you!

Family Experience: God Protects and Saves

Use this excerpt from Group's "Crocodile Dock" vacation Bible school to remind your family of God's power amid life's struggles.

Say, "The Israelites, God's special people, were slaves in Egypt. Pharaoh, the Egyptian king, had been working God's people so hard, and they were so tired. God told Moses to go tell Pharaoh, 'Let my people go!' Moses went 10 times! Each time Pharaoh wouldn't let God's people go, God sent a plague on Egypt. A plague is a horrible thing that happens to a whole land. But God kept the Israelites safe from all these plagues."



Re-enact the first nine plagues, using these simple props and actions:

1. Blood to water—Drop red food coloring into water.
2. Frogs—Hop around the room.
3. Gnats—Make high-pitched buzzing sounds.
4. Flies—Make a lower-pitched sound and zoom around the room.
5. Diseased livestock—Moo and moan, then lie on the floor with your arms and legs sticking up in the air.
6. Boils—Use a washable red marker to put dots on your skin.
7. Hail—Throw paper wads at each other.
8. Locusts—Nibble on some snacks, pretending to be hungry insects.
9. Darkness—Turn off the lights or wear blindfolds.

After each plague, have everyone shout, "Let my people go!" Close by saying, "God is powerful. Only God could send those plagues and protect his people like that." Have family members each share a time they saw God's power in action. End in prayer, thanking God for using his power to protect and save your family.

Parenting Insights

In *Children's Ministry Magazine*, Greg Baird, founder of Kids in Focus ministries, offers five simple principles to give stressed-out children a **B.R.E.A.K.**

Be an example. Minimize any unnecessary stresses and learn to handle stress in a God-pleasing manner (see Philippians 4:6).

Relate. Spend time with children, share an interest, listen, and cheer them on.

Educate yourself. Learn what stressors your children face each day. What goes on at school and with their friends?

Ask questions. Concerned questions help you understand what children need and show that you really care.

Keep praying. Jesus works in children's lives. Pray fervently and without ceasing for your kids as they face life's challenges.

Help Teenagers Put the Future in God's Hands



As another school year wraps up, graduating seniors are contemplating the next stage in their lives. Whether kids are heading to college, the military, or full-time employment, this important milestone brings a mixture of excitement and uncertainty.

Those feelings aren't reserved for high school seniors. Whether they're 13 or 19, most young people question what the future holds for them. "What does God want me to do with my life? Should I go to college? If so, which one? What should I study? What do I want to be? Should I get married? If so, to whom?" Such questions can feel overwhelming, especially when they're combined with all the other emotions and pressures today's teenagers face.

Teenagers who know that God has their lives all planned out still might not know which particular direction he wants them to take. When big choices loom, Christians can bring their questions to God in prayer and can rely on the loving support of family members and friends.

As parents, your presence and guidance during times of decision-making is crucial. Although you can't make choices for your teenagers, you can help them recognize their talents and interests, research their options, set short- and long-term goals, and then get settled in the next stage of their lives. Use the information in this issue of "The Parent Link" to help your teenagers rely on God as they contemplate the future.

Assistance in Aisle Three: Share with your teenagers this insightful excerpt from Group's *Live Bible*:

Yesterday I saw something new—a huge dog right in the middle of Wal-Mart. He was a seeing-eye dog, and he was leading his master through the perilous twists and bends of the personal-hygiene department. The man still had a mind of his own. He had an idea of the general direction to head toward and of the things he wanted. But he needed a good set of eyes to guide him. That's a pretty clear picture of Jeremiah 29:4-14. God creatively weaves the Israelites through the hidden roadblocks they are oblivious to. He knows where to take them and how to make it safely through. We can fully expect God to do the same for us. God has a plan for each of us and a good set of eyes. God can easily create a path for us, even when we can't see the way.

Try closing your eyes tight and feeling your way around the house in the dark. As you do, imagine the things in your future you feel uncertain about: college, relationships, career path. Then pray. Thank God for his creative plans for you and for his gentle leadership guiding you safely through.

Living Word **Sixth-Eighth Graders**

What's Coming?

May 23rd: Affirmation Of Baptism Sunday

Please join me in praying for the youth who will be Affirming their Baptism. Following second service there will be a reception to celebrate with these wonderful youth!

June 5th: Box-athon! A Lutherhaven Fundraiser and Team builder all in one! Watch your mail boxes for more information.

Thank you!

The Living Word program has been blessed by many fabulous volunteers this year! Thank you then all for all of the time you have given leading our youth to Jesus Christ!

Great Questions to Ask Your Kids

Use these discussion starters as you help your teenagers ponder and prepare for the future.

1. When you think about your future, how do you feel? What are you most excited about and most scared about? Explain.
2. How certain are you about what you want to do with your life? Do you think your goals match up with God's plans? Why or why not?
3. If God already knows how our lives will turn out, why do you think he often lets us struggle with decisions?
4. What one question about your future would you most like God to answer, and why?

CLASS OF 2010 SAVE THE DATE!

Sunday, June 6th is Senior Sunday. Senior as in High School senior! At second service, we present Bibles and Quilts from our congregation. This is a milestone in their lives as they prepare for the next adventure. A reception will follow the service, for family and friends. There is a list of our graduating seniors in the Horizon. Please call Berit Wright at the church office if you have any questions.

Senior High Youth

Sunday School: 9:45 to 10:45 am
9th – 12th Graders!!!

GPS! Your global positioning system helping you focus on Christ! **Gather, Pray and Scripture:** Join us in the "Gathering" room (across from the Music Room). Or check Sundays' bulletin to see if we have moved to a "special" location! In May we will focus on the "Trinity". Pentecost is May 16, what does this mean to believers in Christ?



Mission Trip! Thank you everyone for coming to the Auction! Your financial help and prayers are an integral part to our success in Montana! Our retreat on May 7 & 8 in Ravensdale has "fired" us up to serve the Lord! We worshiped, we prayed, we learned how to share the Gospel!

High School Ministry volunteers! Praise God for them! Our High School teachers, have faithfully and steadfastly worked with joy with your high schoolers, every Sunday. We enjoyed having guest speakers, as well. Thanks! Thank you to our small group leaders! Also thanks to our small group team members. Your small group work through out the year has been a blessing to us all. You have served with grace and faith! Ephesian 2:8-10.

Come and join us on...



- May 7th & 8th: Mission Trip Retreat in Ravensdale Washington from 8 pm Friday to 8 pm on Saturday.
- May 9th: Mother's Day
- May 16th: Bible Bash Breakfast
- May 23rd: Pentecost Sunday, Affirmation of Baptism Sunday and the Last Day of Sunday School
- May 23rd: Tacoma Rainer's Baseball Game 1:30PM
- June 6th: Senior Sunday! Graduating seniors are presented with their Bibles and Quilts. Reception follows service.

Mark your Calendar! Faith at Home will be hosting 3 **Awesome God!** events: June 30, July 28 & August 25! Looking forward to seeing all of you there.